## In the Abstract

Please replace the Abstract with the following:

Blocks of input data are received. The input data comprises packets of information words. The packets are preceded and followed by control words. A master transition is appended to the beginning of each block to form a respective frame for transmission. The master transition has a sense that depends on whether the block contains any control words. Additionally, for each block that contains one or more control words, a TYPE word indicating a structural property of the block is generated, the block is condensed to accommodate the TYPE word, and the TYPE word is inserted into the block. The coding method provides a very low overhead (3.125%) when implemented as a 64b/66b code.